

ABSTRAK

Nama : Sabila Amadya Anjani
NIM : 46122110071
Program Studi : Psikologi
Judul Laporan Skripsi : Hubungan Antara Resiliensi Dengan *Psychological Well Being* Pada *Single Parent* di DKI Jakarta
Pembimbing : Erna Multahada, S.HI., S.Psi., M.Si

Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi dengan *psychological well being* pada *single parent* di DKI Jakarta. Partisipan pada penelitian ini terdiri atas 100 *single parent* yang diperoleh menggunakan teknik *snowball sampling*. Resiliensi diukur menggunakan *Resilience Quotient Test (RQ-Test)* oleh Reivich dan Shatte (2002). Dan *psychological well being* diukur menggunakan *Psychological Well Being Scale* oleh Ryff (1995). Hasil penelitian menunjukkan nilai $r = 0,920$ dan nilai $p = 0,000$, dapat diartikan bahwa terdapat hubungan (korelasi) positif antara resiliensi dengan *psychological well being* pada *single parent* di DKI Jakarta, dimana semakin tinggi resiliensi, maka semakin tinggi pula *psychological well being* pada *single parent*. Sebaliknya, jika semakin rendah resiliensi maka semakin rendah pula *psychological well being* pada *single parent*.

Kata Kunci : resiliensi, *psychological well being*, *single parent*

ABSTRACT

Nama : Sabila Amadya Anjani
NIM : 46122110071
Program Studi : Psikologi
Judul Laporan Skripsi : The Relationship Between Resilience and Psychological Well-Being of Single Parents at DKI Jakarta
Pembimbing : Erna Multahada, S.HI., S.Psi., M.Si

This study aims to determine the relationship between resilience and psychological well-being among single parent in DKI Jakarta. Participants in this study consisted of 100 single parents who were obtained using the snowball sampling technique. Resilience was measured using the Resilience Quotient Test (RQ-Test) by Reivich and Shatte (2002). And psychological well-being was measured using the Psychological Well Being Scale by Ryff (1995). The results of the research show that the value of $r = 0.920$ and the value of $p = 0.000$, which means that there is a positive relationship (correlation) between resilience and psychological well-being in single parents in DKI Jakarta, where the higher the resilience, the higher the psychological well-being in single parents. On the other hand, the lower the resilience, the lower the psychological well-being of single parents.

Keywords : resilience, psychological well-being, single parents